

## **Active Living Task Force Recommendations**

### **#1: Enhance access to physical activity opportunities, inclusive of physical education, in Nebraska schools, childcare and afterschool facilities.**

#### **Key Activities Recommended for Action Plan Development:**

1. Implement and promote active transportation (walking and biking) in Nebraska schools and communities.
2. Provide access to and opportunities for physical activity before and after school.
3. Provide teachers and childcare providers with professional development to educate them “how” to integrate physical activity during the day.
4. Implement and promote joint use agreements between schools, parks and recreation departments, and communities.

### **#2 Enhance policies for physical activity, inclusive of physical education, in Nebraska schools.**

#### **Key Activities Recommended for Action Plan Development:**

1. Implement and promote Coordinated School Health.
2. Advocate for state and/or local district policy increasing the required minutes of physical education in Nebraska schools.
  - National recommendations: 150 minutes per week of daily PE classes for elementary schools, 225 minutes per week of daily PE classes for middle and secondary schools
3. Advocate for state and/or local district policy increasing the required minutes of recess for elementary school students in Nebraska schools.
  - National recommendations: 20 minutes per day
4. Advocate for state and/or local district policy requiring physical education classes for high school graduation.

**#3: Enhance the transportation built environment and policies that improve access to physical activity in Nebraska communities.**

**Key Activities Recommended for Action Plan Development:**

1. Expand and enhance the connectivity for bike lanes, sidewalks, paths, and trails through neighborhoods and within communities.
2. Advocate for and implement state and/or local policy for Complete Streets Initiatives for Nebraska communities.
3. Increase and maintain funding streams to enhance and sustain bike lanes, sidewalks, paths, and trails.

**#4: Enhance the planning built environment and policies that improve access to physical activity.**

**Key Activities Recommended for Action Plan Development:**

1. Utilize community comprehensive plans to promote supportive environments for active lifestyles.
2. Develop and promote residential areas that retain green spaces, including recreation facilities that provide access to public parks from schools, childcare facilities, worksites, and healthcare settings.
3. Include health as a criterion in community planning by utilizing health impact assessments.
4. Encourage state and local inter-agency coordination between planning, transportation, health, education and parks and recreation departments.

**#5: Enhance the parks and recreation built environment and policies that improve access to physical activity in communities.**

**Key Activities Recommended for Action Plan Development:**

1. Reduce barriers (e.g. safety, costs, transportation, and accessibility) to outdoor recreation facilities. Expand networks for all populations to access trails that connect from urban/suburban areas to rural areas.
2. Promote the use of existing parks, recreational facilities, fitness centers, and sports programs as opportunities for physical activity.
3. Advocate for policies that improve access, sustain funding, and reduce barriers to increase physical activity within communities.

**#6: Enhance individual-based and social support approaches to improve physical activity behaviors.**

**Key Activities Recommended for Action Plan Development:**

1. Educate business leaders on how to incorporate employee wellness and healthy lifestyles into their business models.
2. Identify, summarize, and disseminate best practices, models, and evidence-based physical activity interventions in the workplace.
3. Make physical activity a patient “vital sign” that all health care providers assess and discuss with their patients.